



February 2016

Wellness Department

Wellness Staff

Jennifer Drygeese, Director

Melissa Sangris, Family Wellness Programmer

Alice Abel, Counsellor

Andrea Fowler, Justice Coordinator

Rachel Tambour, Community Wellness Programmer

Angus Charlo, Urban Partnerships Coordinator

Margaret Erasmus, Skills Development Program Manager

Jaida Brunet, Admin Assistant

Upcoming this month:

- Youth Program 13 & U
- Community Restorative Program
- Drama Club
- AA Meetings
- Legal Clinic
- Family Night
- Valentine's Dance
- Mama and Bebia
- Elder's Lunch
- Women's Sharing Circle
- On the Land



Phone (867) 920-2925

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YKDFN Soccer

Thanks to Diavik Diamond Mines for the community champions grant, which allow the YKDFN youth to be able to participate.

Every Saturday from 6:30—7:30p.m. YK field house
Transportation will be provided for both Ndilo and Dettah. If needed, Dettah kids will meet at Dettah wellness at 5:00 p.m. and Ndilo kids will meet at Ndilo gym at 6:00 p.m.



Youth Program

Youth Program for 13 years & up There will be supper and prizes provided for the youth that attend. The topics that will be available are:

Youth Empowerment
Anger Management
Bully Prevention

Dating Violence
Teen Pregnancy
& More

February 15. 2016 Ndilo – 6 -8p Boys

February 22. 2016 Dettah– 6-8p Girls

February 29. 2016 Ndilo— 6-8p Girls



Handgames

This program is where men of all ages can come and participate in the traditional teaching of our people.

Every Tuesday 7-9p Dettah Chekoa Program

Every Thursday 7-9p Ndilo Gym

Everyone is welcome to attend.



Women's Sharing Circle

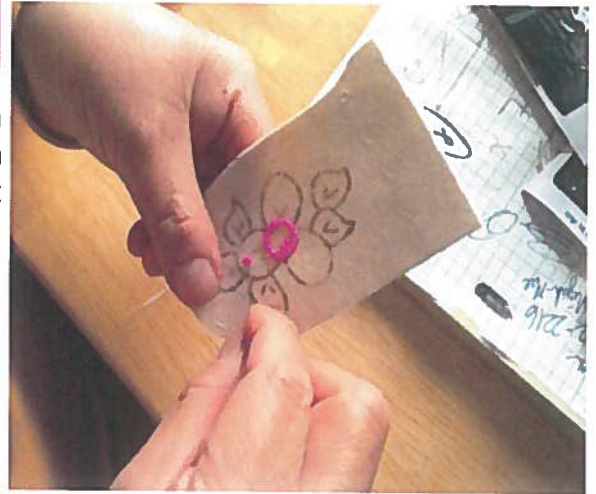
The Women's Sharing and sewing circle is where women can come out to connect and support one another and learn sewing skills. Also women can get information about support services and program available to them.

February 9 6:30— 8:30p

February 16 6:30— 8 :30p

February 23 6:30—8:30p

All at Ndilo Community Wellness



"This is the first time I've ever tried acupuncture."

© 2009 Donny Halverson

Acupuncture

Want help with quitting smoking and other addictiona or other ailments? William Porter will be holding Acupuncture Clinics in Dettah and Ndilo on these following days:

Dettah: February 10. 2016 Dettah Wellness 6:30-8p

Ndilo: February 24. 2016 Ndilo Wellness 6:30-8p

AA Meetings

Open meeting and anyone is invited!

Where: Ndilo Wellness Building in the Healing room

February 11. 2016 Ndilo Wellness 7-8p

February 18. 2016 Ndilo Wellness 7-8p

February 25. 2016 Ndilo Wellness 7-8p



Legal Clinic

For the past few months, we've had a lawyer from legal aid, Jeanette Savoie, available in both Ndilo & Dettah. Jeanette made herself available to our members to give any kinds of legal advice from Child Protection, Child Support, EPO (Emergency Protection Orders), etc. Next legal aid clinics will be:

Feb. 17 2016	12-3p	Dettah Wellness
Feb. 24 2016	12-3p	Ndilo Wellness



Community Restorative Program



This new program will be designed for our YKDFN Members who are or have had dealings with the Justice Systems.

The sessions that will be available are:

Personal Cycles and Strong Holds
Grieving and loss
& More

Anger management
Lateral Violence

Supper and Prizes will be provided the first session will be held.

Every Thursday, 11th, 18th and 25th from 7-9 at Ndilo Wellness

Restorative Justice Committee

Restorative Justice assists with crime prevention activities to help promote safe and a healthier communities. We are developing our committee by training with the John Howard Society to enhance skills and diversions. Once we established these skills, we are able to hold formal diversion hearing with the communities. I'd also like to introduce our committee members: Muriel Betsina, Nyra Mackenzie, William Lines & Marie Hardisty. Mahsi Cho for there service.

February 23, 7-9 at Community Wellness



Mama & Bebia

Thursday Feb. 4	1-3p	Field House
Thursday Feb. 11	1-3p	Valentine's Craft
Thursday Feb. 18	1-3p	Laundry Making
Tuesday Feb. 25	1-3p	Skill Building

All expecting and new mothers are welcome to attend from the YKDFN, aboriginal mothers and mothers from the Vital Abel House.

Where: Chekoa Building in Ndilo

Mama and Bebia will offer sewing support to help with baby items on Monday's & Friday's from 10-4p at the Chekoa Program. Call Melissa for more info 920-2925



Family Night

This month the theme is "Heart Health."

Supper, Games, Quiz, Prizes

Tuesday Feb. 23	6-8p	Dettah Chekoa Building
Thursday Feb. 25	6-8p	Ndilo Chekoa Building



Family Dance

The Wellness Division will be hosting a Family Sober Dance

Friday, February 19th, 2016 7-11p Chief Drygeese Hall

Transportation will be provided, please call 920-2925 to arrange a ride. Come out with family to have a night full of fun in a sober, safe environment. All ages welcome. Children under the age of 12 must be accompanied by an adult!

MUSIC * LIGHTS* PIZZA* PRIZES



Chekoa Afterschool Program

Chekoa is an after school program provided for the youth ages 6-18. Chekoa is meant to be a safe and secure place for children to go to after school when parents might not be from.

Monday - Friday 3:30—6:00p

Kids are able to participate in games, cooking, the learning of life and social skills, Snacks are always provided.



Ndilo/Dettah Gym

The gym is available to the youth of all ages who wish to practice in any different activities that is provided to soccer, hockey, volleyball and any other sport!

The gym is open everyday of the week.

Mon—Fri	6-9p
Sat—Sun	4-10p

Drama Club

The play we will be doing is called “Little Hiawatha”

Between the ages of 5 and up.

When: Every Tuesday

Time: 4-6

Where: Chekoa Building



Elders Lunch

Hearing aid specialist will be coming to Ndilo to do a short presentation. A hot lunch and prizes will be available.

February 2, 2016	Ndilo Wellness	12-2p
February 16, 2016	Dettah Wellness	12-2p
March 1, 2016	Dettah Wellness	12-2p



Family Empowerment Program

The family wellness programmer is working on delivering a program for families, which would address common concerns that we all have in the home. At this time Melissa Sangris, Family Wellness Programmer will be going around having families fill out a survey to seek the topics that families would like delivered. This program will be delivered in conjunction with Healthy Family Program.

February 25, 2016 Ndilo Chekoa 12-2p

This program will focused to families with children ages 8 months and up. Our original program Mama n Bebia will continue for prenatal and postnatal mothers with babies under the age of 8 months. For more information, please contact Melissa at 920-2925

On the Land Program

"Creating Wellness Through our Dene Culture"

When: March 5, 6 7 & 8, 2016

Overnight from Saturday, Sunday, Monday and Tuesday.
Bring your personal hygiene supplies, warm clothes, sleeping bag and a foamy.

- *Culture/Wellness Activities
- *Healthy Lifestyle Choice
- *Healing & Recovery Process

If you are interested , please call the wellness office
920-2925



Dechita Naowo

Project Manager, Skills Development: Margaret Erasmus

Program Coordinator: Angus Charlo

Dechita Naowo is an exciting program at YKDFN Wellness that started in April, 2015. The program is set up to help people learn YKDFN language and cultural skills for on the land living and harvesting, as well as skills in other areas in order to become more self-sufficient.

Upcoming events include:

February

Log Harvesting for Log Cabin – 4 day camping trip by ski-doo

March

Log Harvesting for Log Cabin – 3 day camping trip by ski-doo

Spring Trapping for muskrats – overnight trips

Please call Angus or Margaret at 920-2925 to sign up!

The Happiest Baby on the Block



New babies are such a blessing, but they can also bring with them sleepless night, crying and sometimes quite a bit of extra stress. In this program you can learn an approach on keeping your baby happy. You learn step-by-step on how to help their baby sleep better and how to soothe even the fussiest baby in minutes. All babies are welcome.

When: Friday, February 19th, 1:30-3:30p

Where: 4913-47th Street

February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Youth Program Dettah Boys 6-8 Chekoa 3-5:30 Gym 6-10	2 Elders Lunch Ndilo 12-2 Women's Circle 6:30-8:30 Handgames Dettah 7-9 Chekoa 3-5:30 Gym 6-10	3 Chekoa 3-5:30 Gym 6-10	4 Mama/Bebia 1-3 Handgames Ndilo 7-9 Chekoa 3-5:30 Gym 6-10	5 Chekoa 3-5:30 Gym 6-10	6 Soccer 6:30-7:30 Gym 4-10
7 Gym 4-10	8 Youth Program Ndilo Boys 6-8 Chekoa 3-5:30 Gym 6-10	9 Women's Circle 6:30-8:30 Handgames Dettah 7-9 Chekoa 3-5:30 Gym 6-10	10 Acupuncture Dettah 6:30-8 Chekoa 3-5:30 Gym 6-10	11 Mame/Bebia 1-3 Handgames Ndilo 7-9 AA Mtg 7-8 Community Program 7-9 Chekoa 3-5:30 Gym 6-10	12 Chekoa 3-5:30 Gym 6-10	13 Soccer 6:30-7:30 Chekoa 3-5:30 Gym 4-10
14 Gym 4-10	15 Chekoa 3-5:30 Gym 6-10	16 Elders Lunch Dettah 12-2 Women's Circle 6:30-8:30 Handgames Dettah 7-9 Drama 4-6 Ndilo Chekoa 3-5:30 Gym 6-10	17 Legal Clinic Dettah 12-3 Chekoa 3-5:30 Gym 6-10	18 Mame/Bebia 1-3 Handgames Ndilo 7-9 AA Mtg 7-9 Community Program 7-9 Chekoa 3-5:30 Gym 6-10	19 Chekoa 3-5:30 Family Dance 7-11 Dettah Happiest Baby 1:30-3:30	20 Soccer 6:30-7:30 Gym 4-10
21 Gym 4-10	22 Youth Program Dettah Girls 6-8 Chekoa 3-5:30 Gym 6-10	23 Mame/Bebia 1-3 Women's Circle 6:30-8:30 Handgames Dettah 7-9 Drama 4-6 Ndilo Family Night 6-8 Justice Mtg 6-8 Dettah Chekoa 3-5:30 Gym 6-10	24 Legal Clinic Ndilo 12-3 Acupuncture Ndilo 6:30-8 Chekoa 3-5:30 Gym 6-10	25 Family Program 1-3 Handgames Ndilo 7-9 AA Mtg 7-8 Family Night 6-8 Chekoa 3-5:30 Gym 6-10	26 Chekoa 3-5:30 Gym 6-10	27 Soccer 6:30-7:30 Gym 4-10
28 Gym 4-10	29 Youth Program Ndilo Girls 6-8 Chekoa 3-5:30 Gym 6-10					